

Asian Noodle Bowl

Makes: 6 Servings

This recipe uses unsalted, oil roasted peanuts. Try sprinkling peanuts onto vegetable and rice or noodle recipes, such as this Asian Noodle Bowl recipe.

Ingredients

1 pound egg noodles (uncooked)
2 teaspoons vegetable oil
2 cloves garlic
1 teaspoon chili powder
1 can low-sodium mixed vegetables (about 15 ounces, drained)
3/4 cup water
1/4 cup barbecue sauce
1 tablespoon peanut butter
1/4 cup roasted peanuts (chopped)

Directions

1. Cook egg noodles according to package directions. Drain well.
2. Heat a large nonstick skillet over medium heat. Add oil and cook garlic and chili powder until golden, about 1 minute.
3. Add vegetables and water. Cook until vegetables are warmed, about 3 minutes. Add barbecue sauce and peanut butter; stir until sauce is smooth.
4. Toss sauce and vegetables with egg noodles and chopped peanuts.

Notes

Tip: Try adding chopped cooked chicken, turkey, or beef to the vegetable mixture. Use green beans, frozen broccoli, or fresh chopped squash and/or carrots.